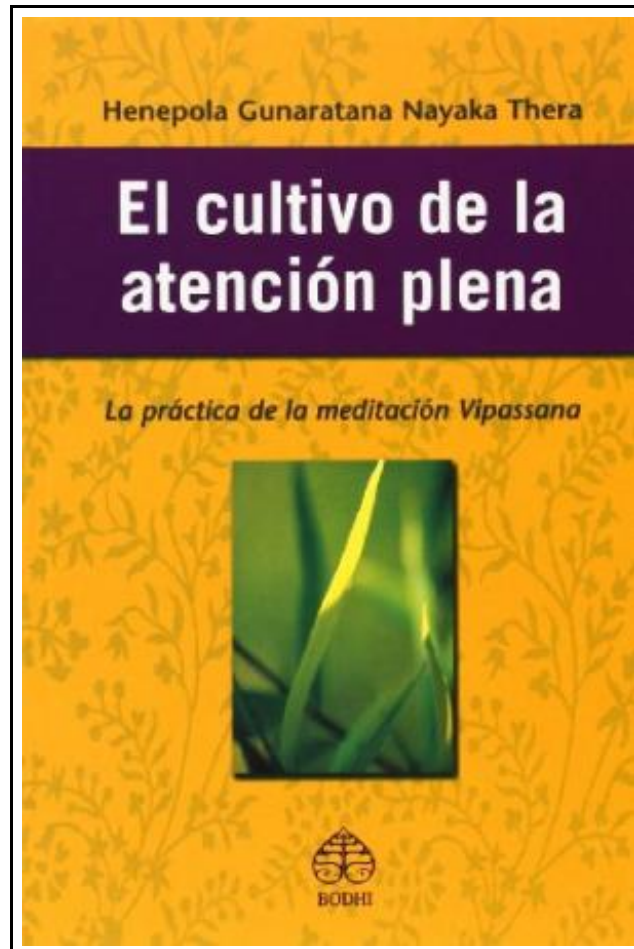


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Editorial Pax Mexico, Mexico, 2008. Paperback. Book Condition: New. Translation. 210 x 140 mm. Language: Spanish . Brand New Book. Taking readers step-by-step through the myths, realities, and benefits of meditation and mindfulness, this guide reveals that every person has the potential to achieve a productive, conscientious, and peaceful life. It also shows both beginners and experts in meditation the key aspects to opening up internal and emotional spaces to answer life s profound questions.Llevando al lector paso a paso por los mitos, realidades y beneficios de la meditacion y la practica de la atencion plena, esta guia revela que cada persona tiene el potencial para lograr una vida productiva, de conciencia y llena de paz. Tambien muestra a principiantes y expertos en la meditacion las claves para meditar y abrir los espacios internos y emocionales para poder responder a las inquietudes mas profundas.

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